

UF/IFAS Leon County Extension Presents:

GROW HEALTHY, EAT HEALTHY WORKSHOPS



Nutritious Meals from Seed to Fork

Join the UF/IFAS Leon County Cooperative Extension for a free healthy living demonstration at a Leon County Library near you! Learn about the Seed Library Program. Learn about container gardening techniques to grow your own vegetables at home. Find out how to cook healthy meals using fresh produce. Watch a cooking demonstration. Take home recipe cards for healthy meals you can try.

Presented By:

Molly Jameson- Sustainable Agriculture and Community Food Systems Agent
Chelsea Marshall-Hirvela- Family Nutrition Program Assistant

"The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-866-762-2237. TTY/TTD/FRS dial 711. This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The USDA and the University of Florida IFAS Extension are equal opportunity providers and employers."



MAY 7TH

6:00PM-7:30PM

DR. B.L. PERRY JR.

BRANCH LIBRARY

2817 S. ADAMS ST.

TALLAHASSEE, FL 32301

May 12TH

6:00PM-7:30PM

EASTSIDE BRANCH

LIBRARY

1583 PEDRICK RD.

TALLAHASSEE, FL 32317

MAY 14TH

6:00PM-7:30PM

WOODVILLE BRANCH

LIBRARY

8000 OLD WOODVILLE RD.

TALLAHASSEE, FL 32305

MAY 28TH

6:00PM-7:30PM

COLLINS MAIN LIBRARY

200 W. PARK AVE.

TALLAHASSEE, FL 32301

**UF/IFAS LEON
COUNTY EXTENSION
OFFICE**

615 Paul Russell Road

Tallahassee, FL 32301

Leon.ifas.ufl.edu

Call 850-606-5200 for more
information

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